

What You Can Do

Family Disaster Plan

- Discuss possible emergencies with your family
- Make a family emergency kit
- Have home escape routes and agree on places to meet
- List medications and allergies of all family members
- Follow advice from the Department of Health if you need to get life-saving medicines
- List emergency phone numbers and have an out-of-state or neighbor island family member or friend as a family contact



- Make plans to take care of your pets
- Take first aid, CPR and other courses

Family Emergency Kit

- Water (1 gallon per person a day) and food for 3-7 days
- First aid kit and medications for 3-7 days
- Portable radio, flashlights and extra batteries
- Extra clothing and bedding
- Cash
- Special items for elderly and infants
- Water and food for pets for 3-7 days

Don't Spread Germs When Someone is Sick

- Always wash hands with soap and water
- Don't share eating or drinking utensils
- Cover mouth and nose when coughing or sneezing
- Have sick person wear a face mask to avoid spreading germs
- If you are sick, don't go to work or school—stay at home until you are better



HAWAII STATE
DEPARTMENT
OF HEALTH

The Department of Health provides access to its programs and activities without regard to race, color, national origin (including language), age, sex, religion, or disability.

Write or call our Affirmative Action Officer at
Box 3378, Honolulu, HI 96801-3378
or at (808) 586-4616 (V/TTY)
within 180 days of a problem.

Linda Lingle, Governor
Chiyome Leinaala Fukino, M.D.,
Director of Health

Funding for this brochure provided by the
Hawaii Department of Health through the
CDC Bioterrorism Cooperative Agreement

Photo credits:
Smallpox, vaccine, and handwashing
<http://phil.cdc.gov>

5/05_10K

Preparing for Terrorism and Public Health Emergencies in Hawaii

*What if we are faced with a serious health threat
such as bioterrorism or a very contagious disease?
What will the Department of Health
and other government agencies do?*

What can *you* do?



*Department of Health staff and volunteers
participating in a bioterrorism drill.*

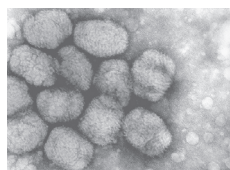


Hawaii State Department of Health
For more information
www.hawaii.gov/health
Call 211

Three Kinds of Concerns

Biological

Harmful bacteria and viruses can be sprayed into the air or put into food or water. Some can be spread from person to person. Anthrax, botulism, plague, and smallpox are examples of biological agents. Prompt medical help is needed if you contact these agents.



Smallpox virus

Chemical

Chemicals can be put into the air, food or water. Nerve agents, including Sarin and VX, can cause blurred vision, nausea, vomiting and even death. Sulfur mustard can cause skin burning, lung disease, blindness or death.

Radiation

A “dirty bomb” uses explosives such as dynamite to scatter radioactive materials. A small nuclear



bomb uses nuclear reaction to cause an explosion and spread radiation. Blasts from these bombs can cause deaths, serious injuries and property damage. People might also

become ill with radiation and develop cancers later.

Government Will Help

Department of Health:

- Finds out if a disease is here in Hawaii
- Shares information with the public about the disease, how you get it, and how it is spread
- Finds out who is infected and with whom they have close contact
- Develops ways to control and prevent disease
- Evaluates actions to control illness
- Gives advice on how to deal with chemical or radiation emergencies and oversees clean-up and removal of dangerous materials

Strategic National Stockpile

- Free vaccines, antibiotics and medical supplies from the federal government's Strategic National Stockpile may be given out at locations statewide.
- These medicines can protect you from getting sick.



Medical Care

- Ill persons will be cared for in hospitals, designated clinics, and other locations.
- Sick persons with contagious diseases will be isolated.
- The government may call for quarantine. Quarantine is a separation of people who might have been exposed to a disease to keep them from spreading the disease.



AUW 211 staff giving out information

Emergency Information

Media

News on TV, radio, and in newspapers will have important messages for the public.

Telephone

- 211, V/TTY (statewide, Aloha United Way)
- 586-4400, V/TTY (Department of Health)
- 1-888-246-2675 (English, CDC Public Response Service)
- 1-888-246-2857 (Spanish, CDC)
- 1-866-874-2646 (TTY, CDC)

Internet

- Hawaii Department of Health, www.hawaii.gov/health
- Centers for Disease Control & Prevention (CDC), www.bt.cdc.gov

www.hawaii.gov/health